

Aging with Attitude Regional Expo

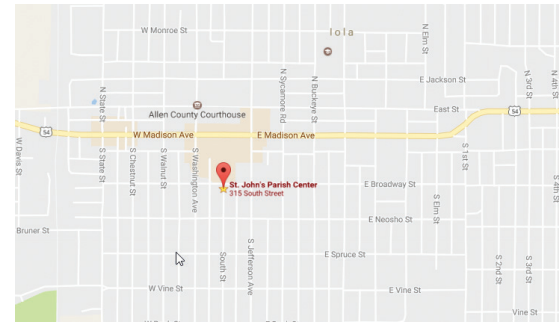
A one-day expo to provide inspiration, answers to questions, and information to make the most of life!

**9 a.m. to 3:30 p.m.
Friday, April 27, 2018
St. John's Parish Center
315 South Street
Iola, Kansas**

K-STATE
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Directions



(find an online map here: <https://goo.gl/dQzU33>)

Entering Iola, take Highway 54 (Madison Street) to Iola square. At intersection of Jefferson and Madison go south one block. Turn west on Broadway to St. John's Parish Center (315 South St.). Parking available in that lot, along street west of Parish Center, small parking lot off southeast corner of Parish Center, and free public parking located ½ block north of church off Jefferson Street.

For more information contact

Gayle Price, 620-820-6123,
your local extension office, or
www.agingexpo.ksu.edu

Educational Sponsors

Allen County Regional Hospital, Senior Life Solutions
Angels Care Home Health
Harry Hynes Memorial Hospice
Iola Pharmacy
K-State Research and Extension, Southeast Area
Medicalodges, Inc.
Southeast Kansas Area Agency on Aging
Southeast Kansas Library System
Thrive Allen County

Refreshments sponsored by

The Family Physicians, PA
Kansas State University Agricultural Experiment Station and Cooperative Extension Service
Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact the Southeast Research and Extension Center, 620-820-6123. K-State Research and Extension is an equal opportunity provider and employer.

Keynote Speaker

Erin Yelland
Assistant Professor and Extension Specialist
K-State Research and Extension



So Now What? Picking Up the Pieces in Later Life

A major life event has just happened – divorce, death, retirement, you name it! So what is next? Many older Americans face these challenges. Session will explore how to begin picking up the pieces and restarting your life.

Morning Activity

Get Up, Warm Up

Sarah Noah

Certified Personal Trainer and Senior Fitness Specialist, Iola, KS

Warm up the body with dynamic exercises. Demonstrations of upper body, lower body and full body exercises and balance training will be demonstrated.

Afternoon Activity

Tai Chi for Arthritis Warm Up

Stacy Dickerhoof,

Program Manager, Southeast Kansas Area Agency on Aging

Flowing movements combined with conscious thought of breathing. Tai Chi is effective for improving balance, coordination and building internal strength.

 **Find us on Facebook**
Aging with Attitude Regional Expo

Register and pay online at:
www.agingexpo.ksu.edu



Aging with Attitude — Regional Expo

Registration #1

Name: _____
Address: _____
Phone: _____
Email: _____
County: _____

Please note special accommodations needed: accessibility, dietary requirements, etc.

Registration #2

Cut along dotted line and return with registration check for \$15 per person.

Registration is \$15 per person
Registration is due Monday, April 16, 2018.
Registration covers lunch, speaker fees, and program materials.
Late registration received after April 16 is \$25, and lunch is not guaranteed.
Photo Release: K-State Research and Extension occasionally uses photographs and videos of attendees in promotional and educational materials. By virtue of your attendance, you automatically agree to the use of your likeness in such materials.

Return form and check (payable to KSU) to:

Gayle Price
Southeast Research and Extension Center
P.O. Box 316
Parsons, KS 67357

Amount Enclosed

Classes

Over the Hill and Between the Sheets: Exploring Intimacy in Later Life

Erin Yelland
Assistant Professor and Extension Specialist
Kansas State University Research and Extension

Explore stereotypes of older adults and intimacy, challenges and barriers to romantic relationships in later life, and steps to a safe, sexual relationship at any age.

Have the Talk of a Lifetime

Lane Jones
Funeral Director, Jones Funeral Home, Burlington

The importance of sharing memories and stories with family and friends and the role these conversations have in remembering a person at the end of their life journey.

Medicare Part D Prescription Plan – How to Cover Your 3 C’s

Joy Miller
Family and Consumer Sciences Agent
Kansas State University Research and Extension, Southwind District

What to look for in a Medicare Part D prescription plan. When and how to change prescription plans, penalties, donut hole, and who can help you understand the options.

How to Spend a Day or Two in Southeast Kansas

Larry Gazaway, Director
Fort Scott Convention and Visitors Bureau
Samantha Krudrick, Director
Coffeyville Convention and Visitors Bureau

Think you have to travel miles away from home to visit interesting places? Southeast Kansas has everything from microbreweries and wineries to museums and farms.

Living With Less: What do I do with all this stuff?

Rhonda Cathey
Professional Home Organizer, Topeka

We may still have things stored in our homes that belong to adult children. What do we do with sets of china, a collection of books, or a workshop full of tools? Information to help you begin the process of downsizing.

Stay Strong Stay Healthy

Christina Holmes
Family and Consumer Sciences Agent
Kansas State University Research and Extension, Cherokee County

The importance of physical activity in seniors and discussions on the Stay Strong Stay Healthy program available in Kansas.

Easy Meals for Two or Just for You!

Barbara Ames
Family and Consumer Sciences Agent
Kansas State University Research and Extension, Wildcat District

With a little planning, enjoy healthy, delicious and easy to prepare meals alone or with a companion. Tips for easier meal planning, shopping, and food preparation.

Health and Wellness Benefits of Dance

Roger D. Campbell
Department Head, Health and Physical Education
Allen County Community College

Demonstration of various dance styles that enhance health and wellness, and participation by all in the different dances.

Caregiver Survival

Wayne Mason
Chaplain, Harry Hynes Memorial Hospice

Lessons learned during his work as a hospice chaplain and providing care to his wife for 15 years, will be shared so that you may thrive as a caregiver.

Veterans’ Benefits for Veterans, Dependents and Survivors

David Fehr
Family Assistance Specialist
Kansas National Guard

Veterans’ benefits, health care, disability compensation, GI bill, burial and memorial benefits will be discussed.

Feeding Your Eyes – What you eat matters!

Jill Leichter
Optometrist, Chanute

Learn how nutrition affects your eyes. What to eat, what not to eat.

Program Schedule

9:00-9:15

Registration and Refreshments

Visit the Vendor Booths

9:15-9:30

Welcome

- Get Up, Warm Up

9:30-10:00

Resource Fair

10:10-10:55

Session 1

- Have the Talk of a Lifetime
- Easy Meals for Two or Just for You
- Living With Less: What do I do with all this stuff?
- Veterans’ Benefits for Veterans, Dependents and Survivors
- Feeding Your Eyes-What you eat matters!
- Stay Strong Stay Healthy

11:15-12:00

Session 2

Repeat of Session 1 Topics

Noon

Lunch and Keynote Speaker, Erin Yelland, Extension Specialist

- Tai Chi for Arthritis Warm Up

1:45-2:30

Session 3

- Caregiver Survival
- Over the Hill and Between the Sheets: Exploring Intimacy in Later Life
- How to Spend a Day or Two in Southeast Kansas
- Medicare Part D Prescription Plan- How to Cover Your 3 C’s
- Health and Wellness Benefits of Dance

2:45-3:30

Session 4

Repeat of Session 3 Topics

3:30

Evaluation and Door Prizes

Please select your choice for each session. Classes will be assigned on a first-come, first-served basis. Please attend the classes you choose. Some classes may be canceled if registration is too low.

Attendee Attendee

#1 #2

Session 1

- | | | |
|-------|-------|---|
| _____ | _____ | Have the Talk of a Lifetime |
| _____ | _____ | Easy Meals for Two or Just for You |
| _____ | _____ | Living With Less: What do I do with all this stuff? |
| _____ | _____ | Veterans’ Benefits |
| _____ | _____ | Feeding Your Eyes – What you eat matters! |
| _____ | _____ | Stay Strong Stay Healthy |

Session 2

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|-------|-------|---|
| _____ | _____ | Have the Talk of a Lifetime |
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Session 3

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| _____ | _____ | Caregiver Survival |
| _____ | _____ | Exploring Intimacy in Later Life |
| _____ | _____ | How to Spend a Day or Two in Southeast Kansas |
| _____ | _____ | Medicare Part D Prescription Plan- How to Cover Your 3 C’s |
| _____ | _____ | Health and Wellness Benefits of Dance |

Session 4

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|-------|-------|--|
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